**Long Term Effects of Depressant Use**

The use of depressants, such as alcohol, whippets, roofies, Valium, Xanax, and pot, over a long period of time, has various impacts on the body. Depressants alter the effects of neurotransmitters in the brain, changing ­­­dopamine levels. Prolonged use of depressants can result in decreased brain function, reduced mental capacity, problems in the central nervous system, depression, chronic sleep problems, respiratory depression or arrest, impaired sexual function, and psychiatric problems.

Depressants cause changes in the dopamine levels and regulation in your brain; eventually your body will stop creating dopamine on its own. Dopamine plays a major role in behavior and cognition, motivation, sleep, mood, attention, learning, and memory.

It is important to use caution and regulation when you are taking depressants. Taking more than one depressant at a time greatly increases the chance of fatality.­­­­

For more information, please see:

<http://www.drugfree.org/drug-guide/depressants>

<http://www.utexas.edu/research/asrec/dopamine.html>